



## Education Fair Focuses on Career Development

Story and photos by HN Charles Hollingsworth

The 2006 Education Fair at NMCP hosted a variety of career-enhancing programs promoting skill-building opportunities for corpsmen and medical officers April 6 in the Charette Center.

Representatives at the fair ranged from academic advisors to corpsmen with specialized job classifications. Advisors from select schools informed staff about associate and bachelor programs.

"There's a push in the military for people to work on their degrees," said Susan Sutter, Navy College NMCP director. "Some people can't take traditional courses, so they'll use these distance learning courses to work on their degrees."

SOCNAV, or Service members Opportunity Colleges, is an agreement the Navy has with about 100 colleges and universities



HM3(SW/AW) Jana Welch (left) and HM3 Kirlando Lee elaborate on job duties as an optician to NMCP Command Master Chief Christopher R. Angstead.

about 100 colleges and universities that offer job-related distance learning programs.

This means Sailors can complete an undergraduate degree without *going* to class, because courses are offered online. For this reason, distance-learning makes it

convenient for Sailors who are deployed or ashore.

"We have a rate-related associate's degree for almost every NEC [Navy Enlisted Code] the Navy has for hospital corpsmen," said Jaye Burgess, military base counselor for Thomas Edison State College. "So if you're a [psychology technician], we can

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Respiratory Technician HM2(FMF) Jeromy L. Romriell (right) answers questions about his display of a respirator connected to pig lungs.

# HBA Now in Building 3

Photo by Ed Coryell



Capt. Joseph E. Sarachene, Director of Health Care Business Operations, NMCP Commander Rear Adm. Thomas R. Cullison and Health Benefits and Appointing Service Line Leader Col. Lisa Chisholm cut the ribbon on the new Health Benefits Advisory spaces March 22.

HBA is now located on the 3rd floor of Building 3.

"Far cry from what we used to have," said Mike Williams, HBA supervisor. "We were all located in one big general area with just partitions."

HBA staff shared their office space with the Cardiology Clinic in the Charette Center, and couldn't accommodate additional staff because of limited office space.

"The difference is everybody now has a private office, [whereas] before we each had to have some people share," said Williams.

The hospital is staffed by nine HBAs, who are available Monday through Friday from 9 a.m. to 4 p.m. to assist service members, their families and retirees with their TRICARE questions.

## To Do List

### **108th HM Ball Relay Run**

The run lasts from 1 p.m. June 1 to 7 a.m. June 2. Runners are encouraged to run in groups of two or more, but can run individually. Participating groups/individuals run a combined total of 108 miles. One mile costs \$10. Runners can pay for their own mile or get sponsored by a friend, co-worker, etc. To sign up or find out more, call HM2 Karl Daley at 953-2341.

### **NMCRS Fact Sheet**

Credit reports contain information about your payment history on loans, charge accounts and credit cards. If you feel the information in your credit history is inaccurate, the responsibility to correct errors rests with you. Request a copy of your credit report and take control. NMCRS can help, call 953-5657.

### ***The Courier***

The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708. The Courier is published monthly by the Public Affairs Office.

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This publication provides an avenue to circulate all useful information the NMC Portsmouth staff has to offer. Submissions are welcome. Contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at drkallgren@mar.med.navy.mil. Submissions should be on disk in text or Word format with a paper copy attached. Photos should be a separate submission from the document and in jpeg, bitmap or tiff format. Submissions will be placed in the next issue space permitting. PAO is located in Building One, Third Deck, Rm. 311.



# Competency Course Keeps Skills Sharp

*Photos by HN Charles Hollingsworth*

NMCP conducts monthly required competency courses for all staff corpsmen. Classes reinforce basic corpsman skills learned during HM technical school in Great Lakes, Ill. Experienced staff train students in various clinical areas throughout the five-day program.



**(Above) HM1(FMF) Ariel Sechong helps HN Andre Tyree with proper suturing technique.**



**(Above) HA Thomas Hennessey practices suturing on a pig's foot.**



**(Right) Lt. Cmdr. Sara Pickett shows SN Terrance Stevens proper venipuncture technique.**

# “Strength, Commitment and Compassion”

Submitted by Lt. Cmdr. Sara Pickett



U.S. Naval Historical Center photograph

**“The Sacred Twenty”** were the first 20 Navy Nurses, appointed in 1908. This picture was taken at the Washington, D.C., Naval Hospital in 1908.

The impact nursing has in the health care industry will be celebrated during National Nurses Week May 6<sup>th</sup> -12<sup>th</sup>. The theme for 2006 is “Nurses: Strength, Commitment and Compassion”.

Naval Medical Center Portsmouth will celebrate with different events taking place throughout the command. Discover where nurses have been, where they are going and the impact they make on a daily basis.

Let’s show our appreciation for the professional contribution nurses make to direct patient care, patient education, case management and the overall operation of the healthcare community.

## Baby Classes Prepare New Mothers

Story and photo by  
HN Charles Hollingsworth

NMCP provides a wealth of educational resources for expecting parents, including materials, support agencies and classes.

Classes target specific needs of all parents including those with special circumstances. Topics range from single parents in the military to budgeting. Certain classes are required for some parents giving birth at NMCP depending on their situation.

AN Brittany Washington said the budgeting classes were helpful. “I was wasting my money on a lot of things,” said Washington. “I didn’t even realize how much I was spending.”

Another requirement for parents prior to being discharged is the Shaken Baby Syndrome class, an intervention tool designed to prevent child abuse and injury.



**Military spouse Monica Walker says NMCP’s resources are very helpful to new mothers.**

This is the last class required for parents before they take their newborn home.

“Shaken Baby Syndrome has become almost an epidemic,” said Barbara Kroll, BUMED

contract social worker. “Almost 50,000 cases are reported per year. It’s 100 percent preventable.”

For more information on prenatal resources at NMCP, call the Obstetrics clinic at 953-4300.



# Stage Group Entertains Patients and Families

Story and photo by HN Charles Hollingsworth

The Virginia Stage Company, on behalf of the group Lee's Friends, performed a play for pediatric patients at NMCP.

Lee's Friends is a non-profit organization that honors the memory of Lee Harkins, a Norfolk girl who died following a sudden illness. It provides free resources to cancer patients and families ranging from transportation needs to paperwork assistance with health coverage forms.

Carol Olson, executive director of Lee's Friends, recognized that needs vary for pediatric patients and their families. Viewing the play is a fun activity for families. "An opportunity to come and do something special like this is a great opportunity. So we underwrite special events for pediatric cancer communities and their families."



The Virginia Stage Company performed *Wiley and the Hairy Man* in the NMCP Galley April 2.

The Virginia Stage Company performed *Wiley and the Hairy Man* in the dining facilities.

"It has a message," said Olsen. "We thought it would be

fun to bring it to a facility and open it up free of charge for the cancer patients and their family members to come and have an afternoon of theatre."

## Pediatric Nephrology Wins 1st Quarter Award



Photo by Ed Coryell

**Capt. Eric Zintz, NMCP Pediatrics Service Line Leader, accepts the TRICARE Hampton Roads Appointment Center's Multi-Service Market Recognition Award from Col. Lisa Chisholm, NMCP Health Benefits and Appointing Service Line Leader.**

The NMCP Pediatric Nephrology department won the First Quarter Multi-Service Market Recognition Award with 68 percent of its total appointments scheduled by the Hampton Roads Appointment Center.

The 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place Specialty Clinics were NMCP Pediatric Infectious Disease Clinic with 67 percent, NMCP Pediatric Cardiology Clinic with 59 percent, and NMCP Pediatric Neurology Clinic with 49 percent.

HRAC is located in Building 3 and is responsible for scheduling TRICARE Prime appointments at NMCP, McDonald Army Community Hospital at Fort Eustis, 1 MDG at Langley Air Force Base and Kenner Army Health Clinic at Fort Lee.

# Portsmouth Marine Receives Purple Heart

*Story and photo by Sgt. Chris Berryman*

A Marine received a Navy and Marine Corps Achievement medal with Combat "V" and a Purple Heart medal in a ceremony at Naval Medical Center Portsmouth April 3.

Cpl. Jason E. Hanbury, 23, a Portsmouth native, was awarded for heroic achievement while serving as an intelligence analyst with 3d Battalion, 8th Marines, Regimental Combat Team, 2d Marine Division. The Purple Heart medal was awarded for injuries received as a result of enemy action.

On April 5, 2005, Hanbury, having been on two patrols the previous day while attached to Company I, exited friendly lines while on patrol and encountered a suspicious vehicle, left unattended. Observing the vehicle weighed down in the rear, covered in reflective stickers and abandoned on the side of the rural road, Hanbury advised the platoon leadership of the threat of a vehicle-borne

improvised explosive device. He began an examination of the site, and several military-age males were detained by the patrol's cordon.

While returning with the detained individuals, the vehicle exploded, resulting in Hanbury sustaining a compound fracture. Despite his wounds, he continued to pass instruction and guidance to

pass instructions and guidance to the Marines within the patrol to allow them to finish conducting the examination of the area.

Hanbury is currently recovering from shrapnel wounds. He plans to attend college and medical school. He wants to become a Navy doctor.



**Cpl. Jason E. Hanbury, 23, a Portsmouth, Va. native, receives a Purple Heart and a Navy and Marine Corps Achievement medal with Combat "V", from Lt. Gen. Robert R. Blackman Jr., for heroic achievement while serving as an intelligence analyst with 3d Battalion, 8th Marines, Regimental Combat Team, 2d Marine Division.**

## Navy's Education Services Part of Fair

*Continued from front page*

give you credit for your [psychology technician] training."

In addition to the college presence during the career fair, other groups such as the Navy College Learning Center advised staff about their services.

"If they're [service members or dependents] thinking about going to college and it's been

awhile, we have assessment tests to help them build up their skills to do better," said Shelly Bearden, Navy College Learning Center director.

But the learning center's services are not limited to college-bound sailors. There are other resources available ranging from ASVAB refresher courses to GED

courses for service members who haven't earned a high school diploma.

For more information on services the Navy College Learning Center provides, contact the office at 953-7853 Monday through Friday from 9 a.m. to 3 p.m.



# St. Baldrick's Shaves the Way to a Cure

Photos by JO1 Eric Deatherage

St. Baldrick's Day is an annual national fundraiser to support children's cancer research. Participants have their heads shaved to raise money. The St. Baldrick's Foundation has raised nearly \$20 million since 2000, including over \$6 million this year.



NMCP Pediatric Hematology/Oncology Division Head Cmdr. Timothy Porea had his head shaved by some of his patients March 18<sup>th</sup> at the Norfolk Waterside Sheraton. The Norfolk St. Baldrick's event raised \$96,254.





# Cats and Dogs Join Easter Bunny at Egg Hunt

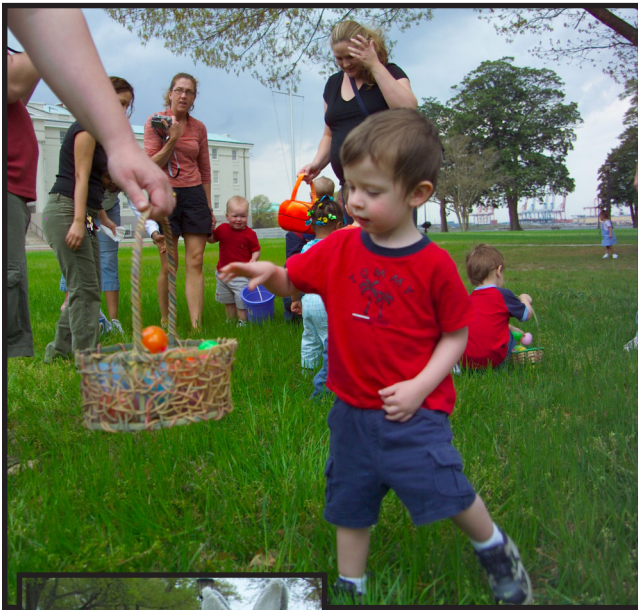
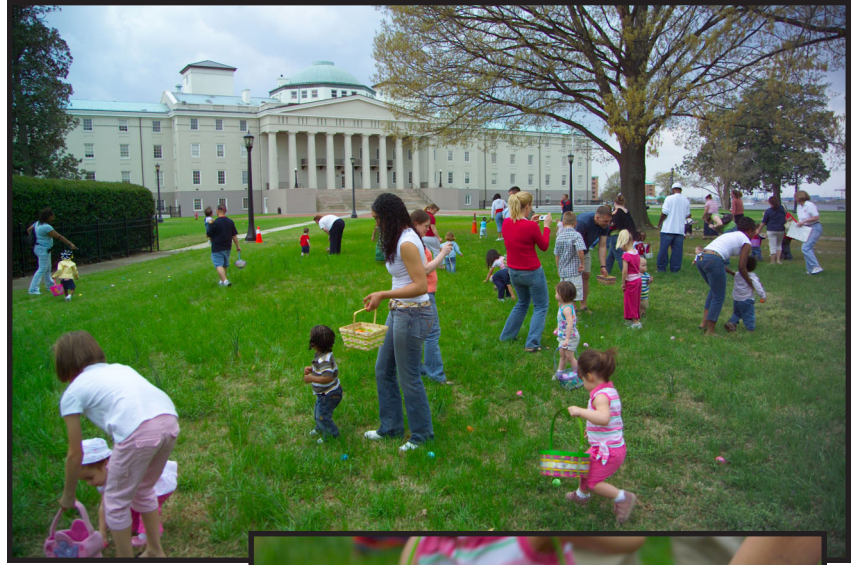
*Photos by JOI Eric Deatherage*

Rain couldn't ruin NMCP's annual Easter Egg Hunt April 8th at Hospital Point.

Hundreds of children up to age 12 came out with their parents for food, beverages, a visit from the Easter Bunny and of course, the egg hunt.

They were also joined by an unwelcomed guest, a heavy downpour, which forced everyone to scramble under the tent.

Luckily, the egg hunters were fast and had scooped up most of the eggs by the time the rain came.





# DAPA Facts on Fetal Alcohol Syndrome

By HMI Eduardo Ortiz, Command DAPA

Alcohol, whether it be wine, beer or liquor, is the leading known preventable cause of mental and physical birth defects in the United States.

When a woman drinks alcohol during pregnancy, she risks giving birth to a child who will pay the price - in mental and physical deficiencies - for the rest of his or her entire life.

Yet many pregnant women do drink alcohol, and it's estimated that one in every 750 infants is born with a pattern of physical, developmental, and functional problems referred to as fetal alcohol syndrome (FAS) each year in the United States. Another 40,000 children are born with fetal alcohol effects (FAE) each year.

For parents who have adopted a child, there are signs that may indicate fetal alcohol syndrome. Or if you have consumed alcohol during pregnancy and are concerned that your child may have FAS, there are some signs that you can look for. They include, but not limited to, developmental delay, facial abnormalities and poor social skills.

Problems associated with FAS tend to intensify as children grow up and move toward adulthood. These can include mental health problems, troubles with the law and the inability to live independently.

Children with FAE are frequently undiagnosed. This also applies to children with alcohol-related neurodevelopmental disorder (ARND), a recently recognized category of prenatal damage that refers to children who exhibit only the behavioral and emotional problems of FAS/FAE, without any signs of developmental delay or physical growth deficiencies.

Often, in kids with FAE or ARND, the behavior can appear as mere belligerence or obstinacy. They may score well on intelligence tests, but their behavioral deficits often interfere with their ability to succeed. Extensive education



and training of health care professionals, parents and teachers are essential to caring for these children. It's clear that abusing alcohol during pregnancy is dangerous, but what about the occasional drink? How much alcohol constitutes too much during pregnancy?

No evidence exists that can determine exactly how much alcohol the mom-to-be drinks will produce birth defects. Each individual woman processes alcohol differently. Other

factors vary the results, too, such as the age of the mother, the timing and regularity of the alcohol ingestion and whether the mother has eaten any food while drinking.

Although full-blown FAS is the result of chronic alcohol use during pregnancy, FAE and ARND may occur with only occasional or binge drinking.

Because alcohol easily passes the placental barrier and the fetus is less equipped to eliminate alcohol than its mother, the fetus tends to receive a high concentration of alcohol, which lingers for longer periods than it would in the mother's system.

Mothers who drink during the first trimester of pregnancy have kids with the most severe problems, because that is when the brain is developing. The connections in the baby's brain don't get made properly when alcohol is present. Of course, in the early months, many women don't even know they're pregnant.

It's important for women who are thinking about becoming pregnant to adopt healthy behaviors before they get pregnant.

Women who abstain from alcohol in early pregnancy may feel comfortable drinking in the final months. But some of the most complex developmental stages in the brain occur in the second and third trimesters, a time when the nervous system can be greatly affected by alcohol. Even moderate alcohol intake, and especially periodic binge drinking, can seriously damage a developing nervous system.

FAS is entirely preventable - the best way to prevent FAS is by not drinking alcohol.



# The Courier Chapline

## What Time Do You Have?

By Lt.Cmdr. Jeffrey Terry, Chaplain, Pastoral Care

Hey everybody, spring has sprung! In addition to Easter, April Fool's and tax day, we've also managed to *spring forward* — time to give back that extra hour we received last October.

Time and money: Do you ever feel that you don't have enough of either? If we're doing right by our money, we're banking a financial cushion for a rainy day or an unexpected expense. But with our time it's another story.

You can't bank time. You can invest it and spend it wisely, but there's really no such thing as saving time. When we do save time or work more efficiently, we tend take on more and find ourselves somehow busier. We often fail to recognize the transition to *overspending* in regards to our time. As a result, we get in way over our heads. That's

not to say we have been foolish in how we spend our time. Getting married, having children, going to school, working towards our next promotion are all great things. But they all take time, and usually in large quantities.

*Haec tempus postulant* is a Latin phrase I discovered; it means *these things take time*. I now put it at the bottom of my e-mails. Writing this article, a welcomed chore, takes time. Every good idea I seek to put into practice in my job as a chaplain can take a considerable amount of time. When I look at just one thing in my life, time may not seem to be an issue, until I experience how it does or does not fit in with the rest of my commitments.

I have heard both good and bad advice relating to time. A pastor I knew years ago would

say, "No one is so busy that they can't do one more thing." You learned to watch out when he came calling! Even if you were persuaded, it didn't mean you had time to do it well or that you wouldn't ultimately stress out and resent the cost that was paid (to your health, your relationships or your other interests).

I liked better how another pastor challenged people with a new commitment or activity. He would

first challenge them to decide what they could give up to make room for that which was new. That's using your head! When I was assigned to a ship a couple years ago, life changed for me and my family (they had new commitments of their own as well). In order to make room for the new events in our lives we gave up our television for about eight months. Even the CO thought I was a little

crazy, but the new demands on our time had to come from somewhere. Our lack of television had the least negative impact on our quality of life as a family.

I will tell you candidly that most people I have counseled in and out of the Navy who complain of stress live over-extended lives. They take on good things to an already more-than-full life or schedule. And they are not aware at all of the principle of giving something up to make room for something else. And yes, even the organization that we serve can be a great offender. But we make up that organization and as we move into positions of leadership, we will inherit the challenge to live within our means. There is much good to be said about simplifying one's life, and realizing that we'll never be issued more than 24 hours in one day.





# NMCP Helps Basketball Tournament Tip Off

Story and photo by JO1 Eric Deatherage



**Bill Jackson of the Norfolk Naval Shipyard in Portsmouth, draws the team the Shipyard would sponsor, from Booty Baker, co-founder/co-chairman of the Portsmouth Invitational Tournament.**

Naval Medical Center Portsmouth hosted the team drawing for the 54<sup>th</sup> annual Portsmouth Invitational Tournament March 31. The PIT is the nation's oldest amateur basketball tournament, recognized by NBA and European scouts as the premier showcase for future professional players.

The tournament was played April 5-8 at Churchland High School in Portsmouth. College seniors from some of the NCAA's best basketball programs played. North Carolina's David Noel, Pittsburgh's Carl Krauser and Duke's Sean Dockery headlined the rosters. The PIT also featured stars from George Mason's Final Four team in Jai Lewis and Tony Skinn.

The tournament is the only one of its kind, allowing selected college seniors to showcase their talent and be evaluated by National Basketball Association teams prior to the NBA's June pre-draft camp.

## Raffle One of Last Events for Fund Drive

(Left to right) NMCRS Portsmouth Director Sarah Stewart, Lt. Lisa Bogan and Navy Federal Credit Union's Ernestine Herrera draw winners for the NMCRS Fund Drive raffle.

HM2 Dawn Watkins of Urology won the big prize, a check for \$965. Other prizes included stuffed animals, gift certificates and a roadside emergency kit.

The raffle raised nearly \$1,700 for the fund drive. The entire fund drive earned over \$25,000.



Photo by JO1 Eric Deatherage



# Bravo Zulu!!!

## ***Navy Achievement Medal***

PC2 Rhonda Y. Scott  
Lt. Melissa M. Smith

HM2 Felix Q. Arca  
HM3 Francis I. Lewis  
SK2(SW) John J. Spaugh III  
HM3 Adrian D. Hicks  
CS2(SW) Shana L. Brown

## ***Navy Commendation Medal***

Lt. Cmdr. Timothy S. Bartlett

## ***Letter of Commendation***

EM1(SW) Kirk Minckler  
ET1(SW) Farhad Notghi  
HM3 Arwen G. Harper  
HM2 Basil E. Horn  
Capt. Jose R. Almaguer  
Lt. David F. Chacon  
HM3(SW) Raymond A. Flores  
HM3(FMF) Richardo A. Tamacas

## ***Meritorious Service Medal***

HMCM Jon S. Lorenz

## ***Certificate of Appreciation***

Lt. Phyllis Walls

## ***Humanitarian Service Medal***

ET2 Sean C. Boyles  
MM2 Michael J. Dugan  
SK2 Priscilla O. Gonzalez  
IT1 Robert S. Gourley  
ET1(SW) Kirk H. Minckler  
ET1(SW) Farhad Notghi  
BM1 James Nakoneczny  
BM3 Sarah J. Malone  
Lt. Cmdr. Mary R. Walker  
HM3 Jeremy W. Mullen  
Lt. Cmdr. Lonnie S. Hosea  
Ens. Christina M. Burns  
Cmdr. Robert T. Ruland  
Ens. James D. Croft  
HM2 Resurreccion L. Esperanza

HM3 Omowale S. Ajayi  
HN Simone Wilson  
Lt. Susan M. Tillmon

## ***Junior Nurse of the 1st Quarter 2006***

Ens. Carolyn Howard

## ***Nurse of the 1st Quarter 2006***

Lt. Lorie Conza

## ***Category 1 Civilian of the 1st Quarter 2006***

Carmelita Rogers

## ***Category 2 Civilian of the 1st Quarter 2006***

Carsietta Burke